

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup)					
Juice or Fruit or Vegetable (½ cup)					
Grains/ Breads* Bread (½ slice) or Cold Cereal (⅓ cup) or Hot Cereal (¼ cup)					
Other foods (Do Not Count)					
<b>Lunch</b>					
Milk (¾ cup)					
Meat/Meat Alternate Meat, Poultry or Fish (1½ oz.) or Cheese (1½ oz.) or Egg (¾ large) or Peanut Butter (3 Tbsp.) or Cooked Dried Beans and Peas (¾ cup) or Yogurt (¾ cup)					
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)					
Fruits and/or Vegetables (two or more servings for ½ cup total)	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Other foods (Do Not Count)					
<b>Snack (AM or PM) Select 2 of the 4 components</b>					
1. Milk (½ cup)					
2. Meat or Meat Alternate Meat, Poultry or Fish (½ oz.) or Cheese (½ oz.) or Egg (½ large) or Peanut Butter (1 Tbsp.) or Cooked Dried Beans and Peas (⅓ cup) or Yogurt (¼ cup)					
3. Juice or Fruit or Vegetable (½ cup)					
4. Grains/Breads* Bread (½ slice) or Cereal (⅓ cup) or Enriched Pasta and Grains (¼ cup)					
Other foods (Do Not Count)					

**Note:** The quantities of food specified are the minimum serving sizes for children ages 3-5. Quantities must be adjusted for other ages.

\*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.